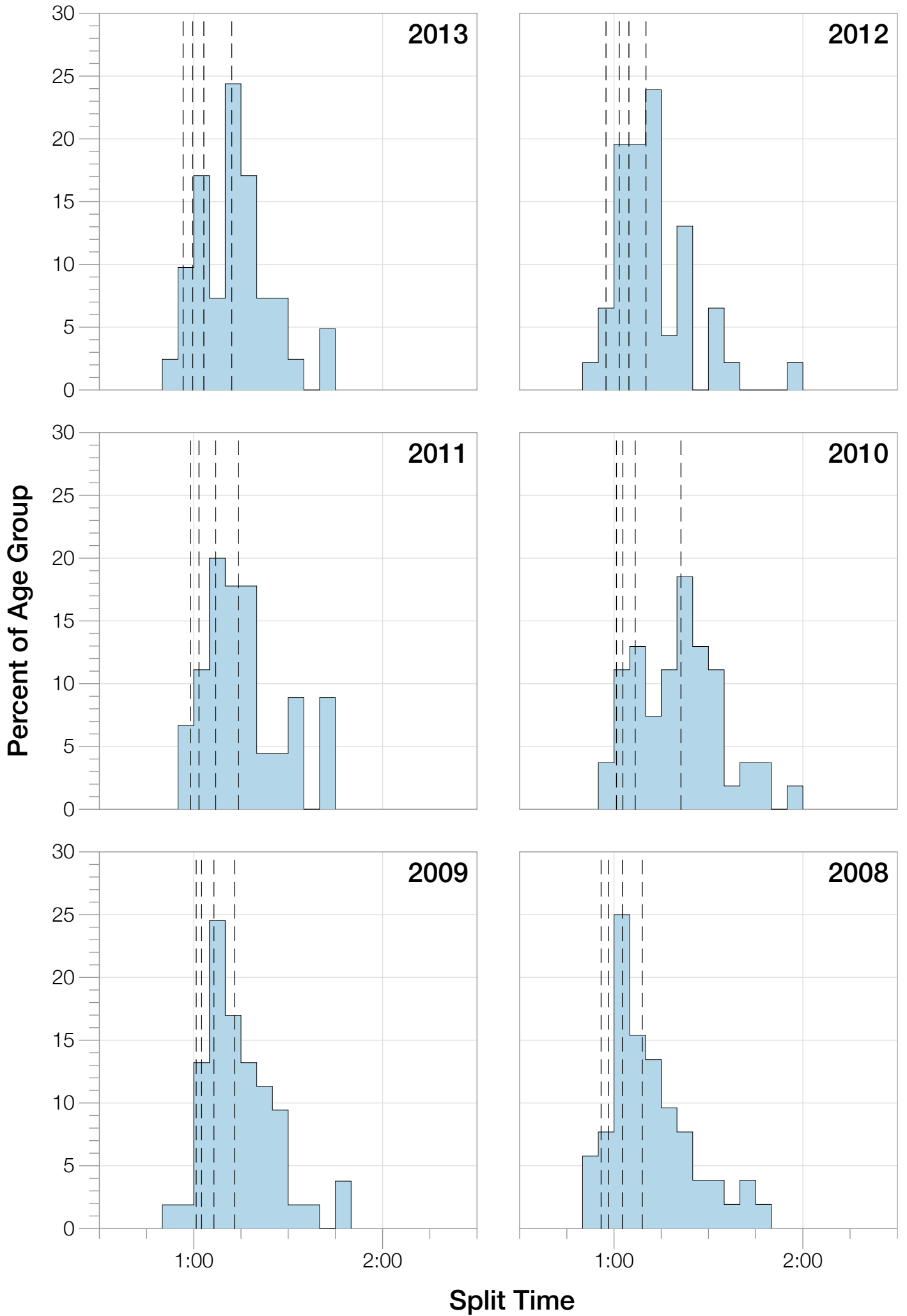


Ironman Frankfurt F30-34 Stats

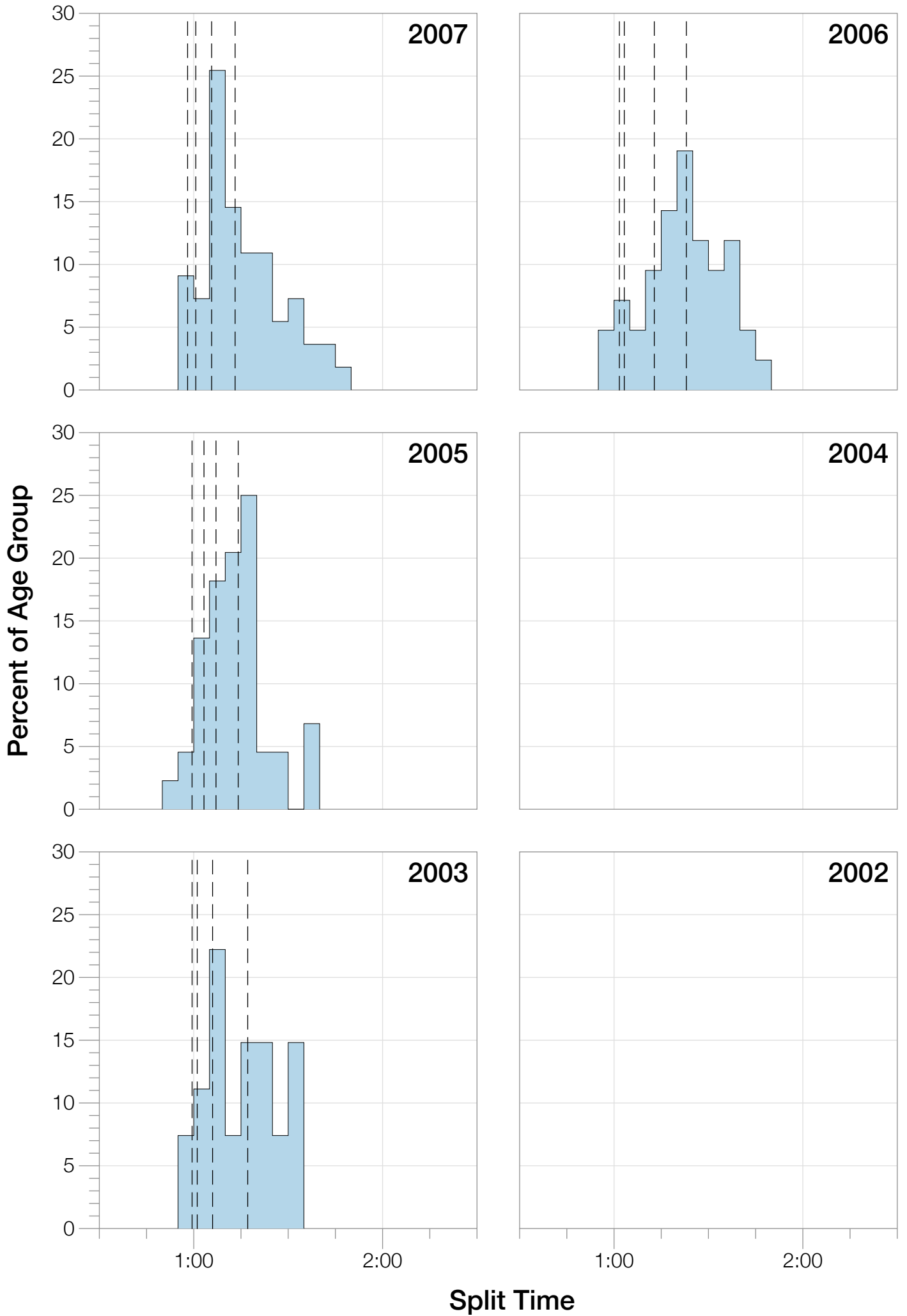
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2003	1291	27	8:12:29	9:03:11	9:59:41
2005	1730	45	8:20:50	9:15:31	10:18:49
2006	1799	42	8:13:39	9:16:17	10:22:29
2007	2121	55	8:09:15	9:04:11	9:55:23
2008	2142	52	7:59:55	8:51:24	9:43:19
2009	2128	53	7:59:15	8:58:08	9:41:09
2010	2119	54	8:05:15	9:04:27	9:23:10
2011	2220	45	8:13:50	9:12:13	10:03:50
2012	2317	46	8:03:31	8:52:33	10:08:22
2013	2460	41	7:59:58	8:56:01	9:33:25
Average	2033	46	8:07:47	9:03:23	9:00:52

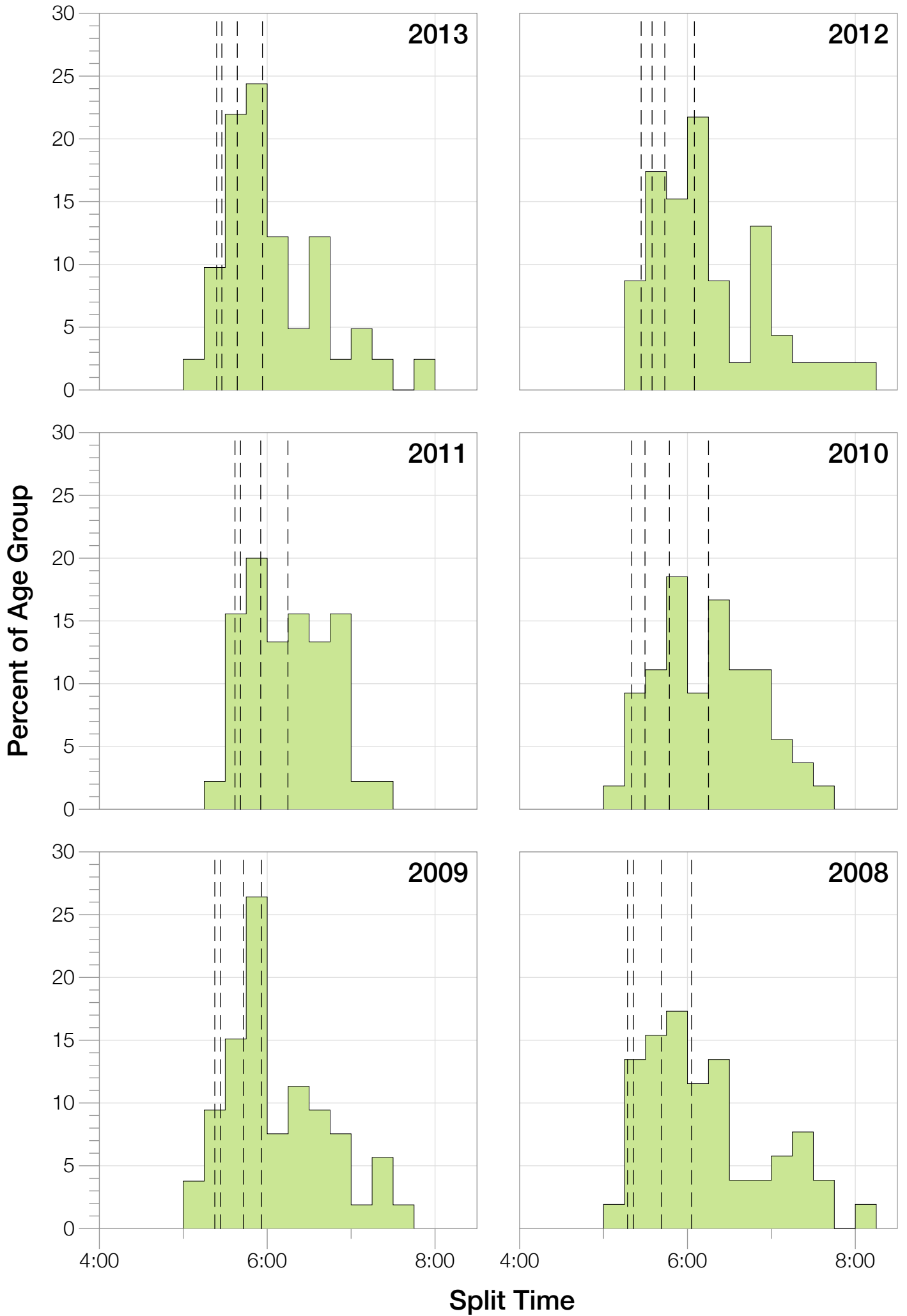
F30-34 Swim



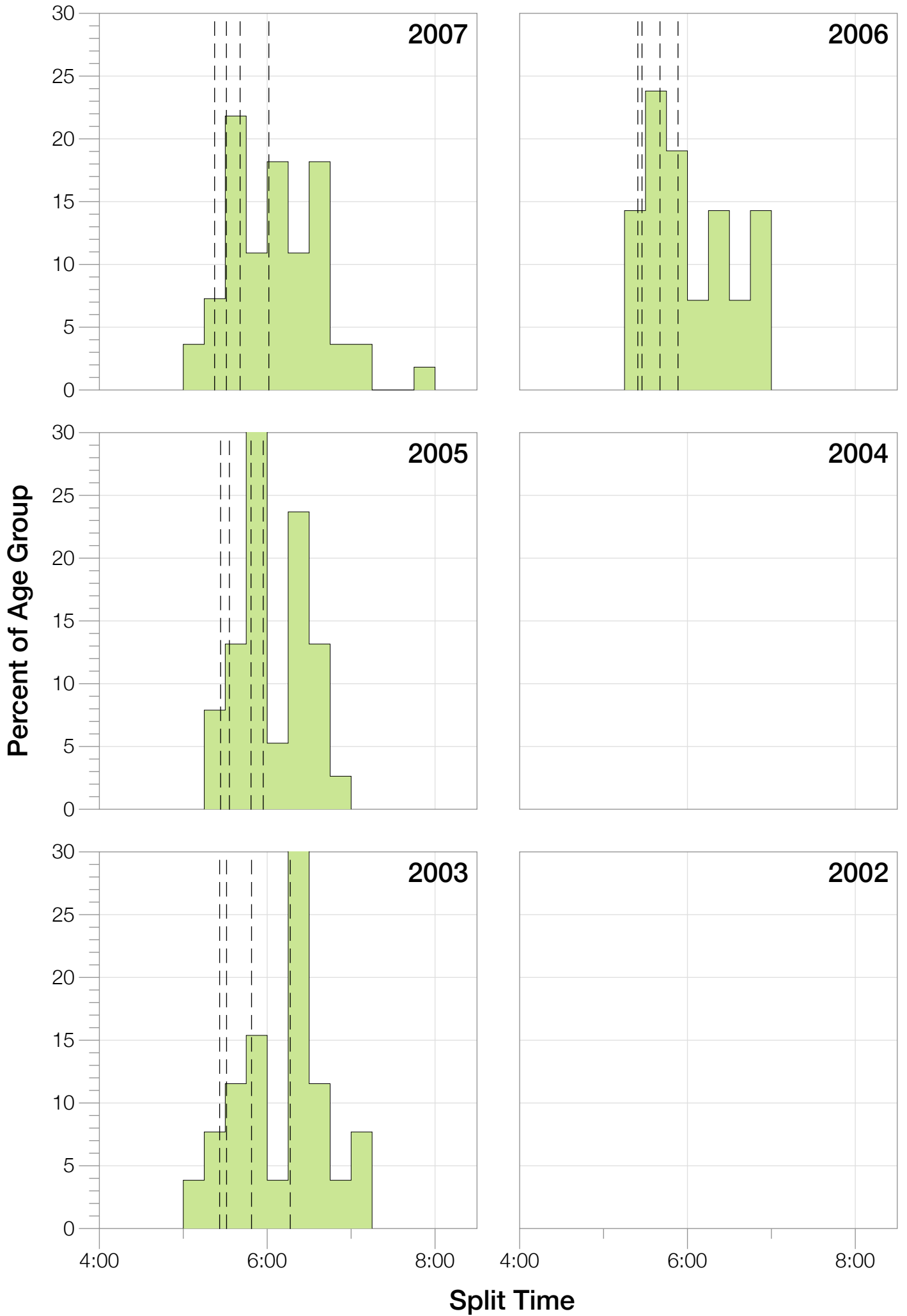
F30-34 Swim



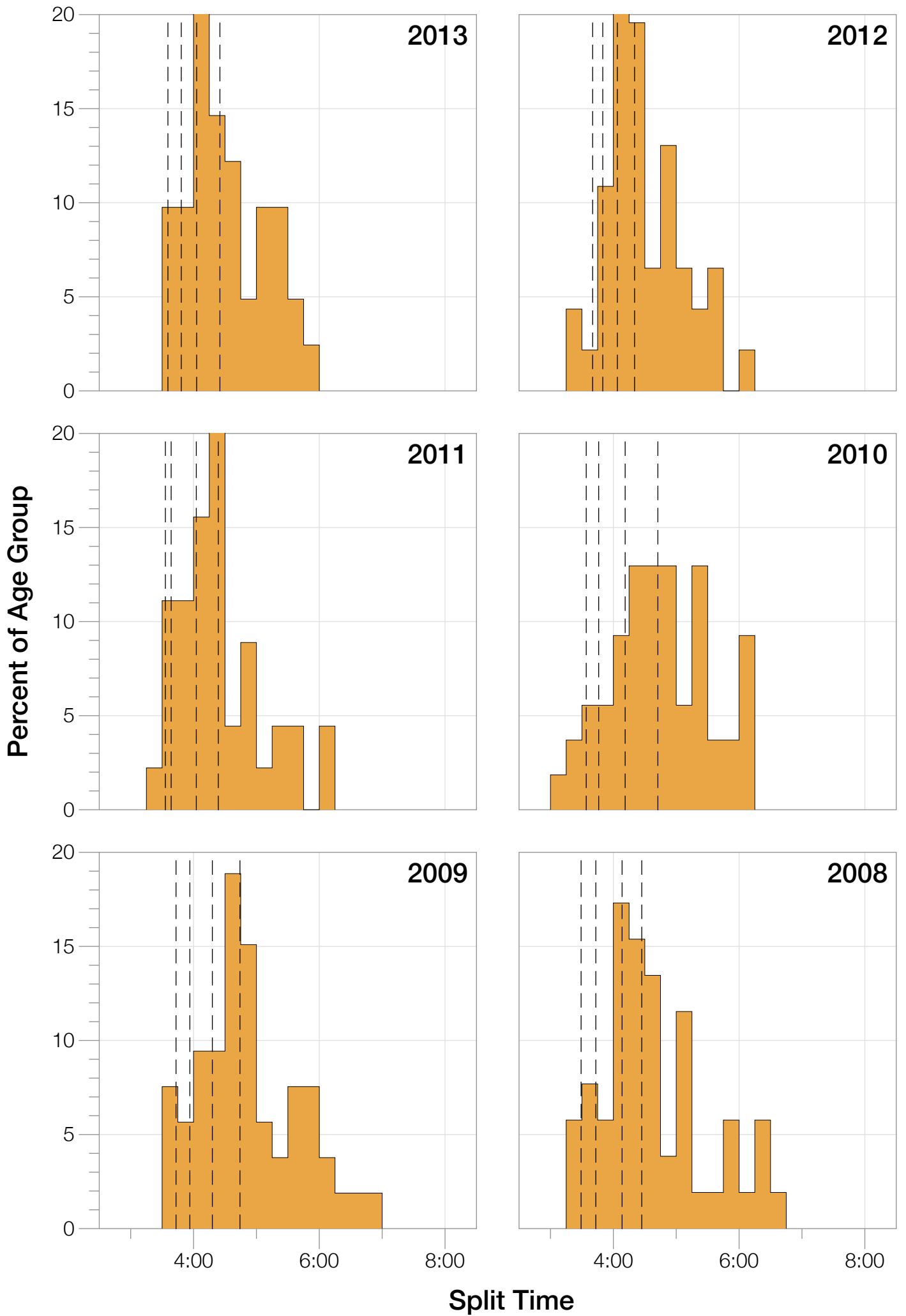
F30-34 Bike



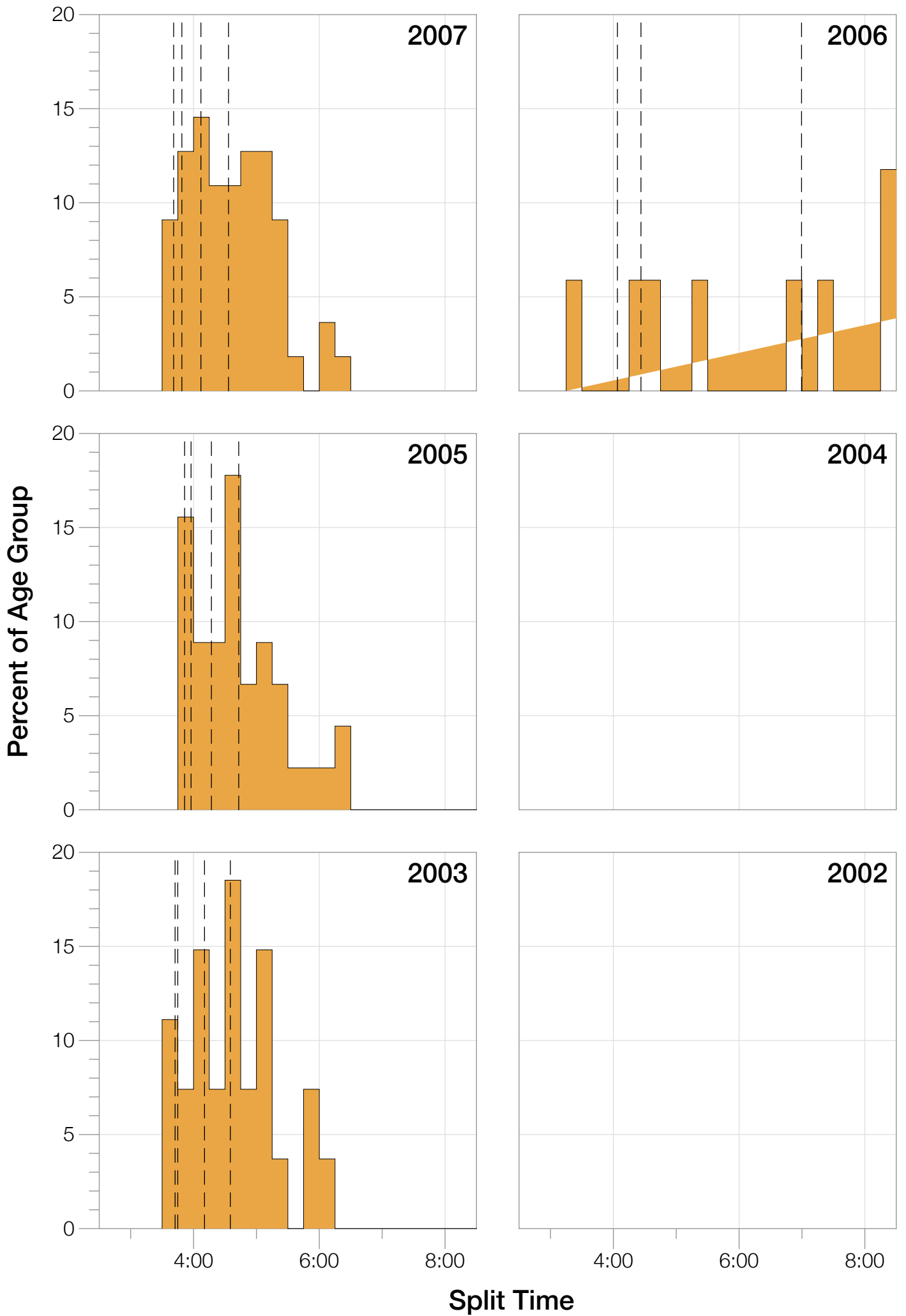
F30-34 Bike



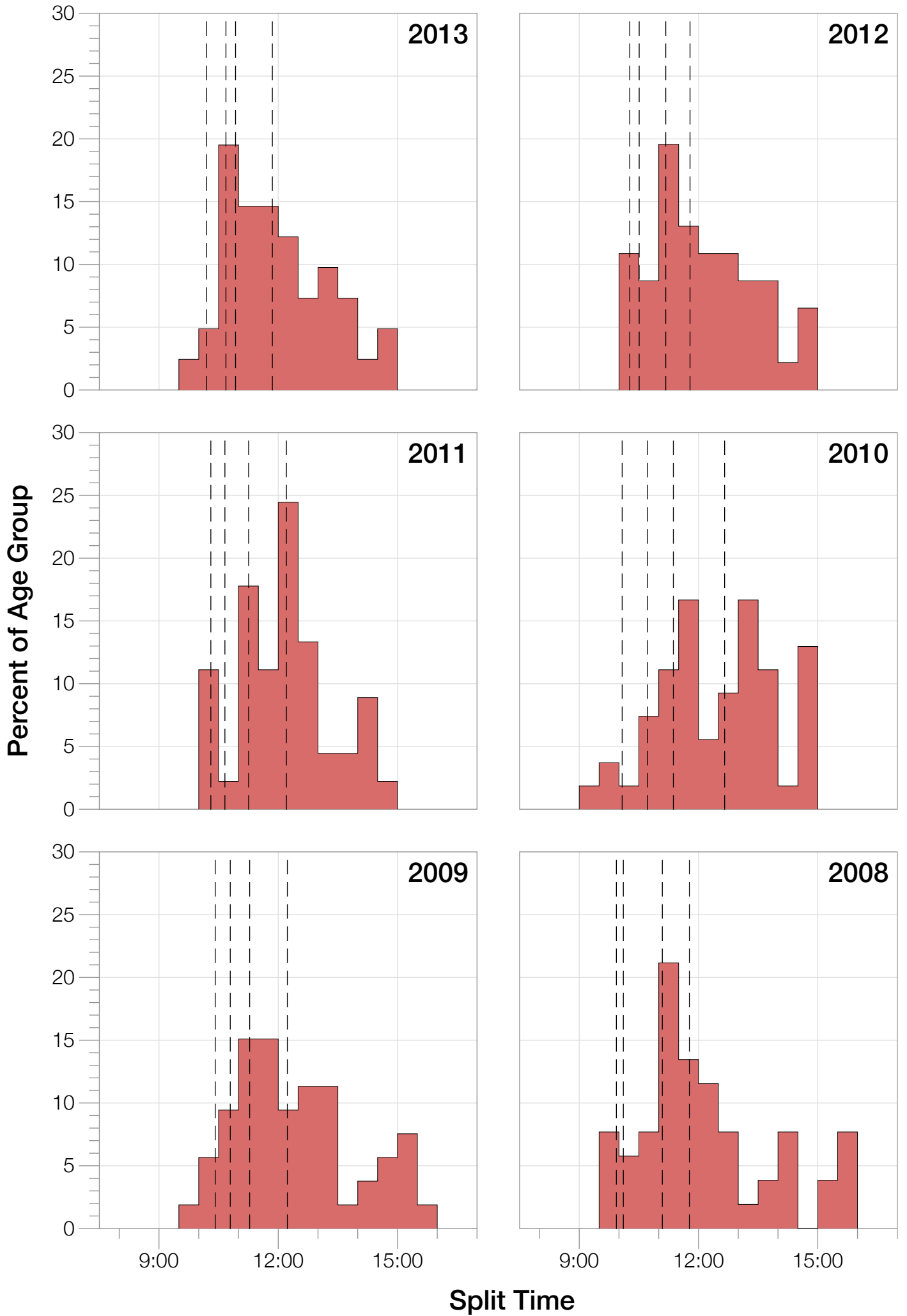
F30-34 Run



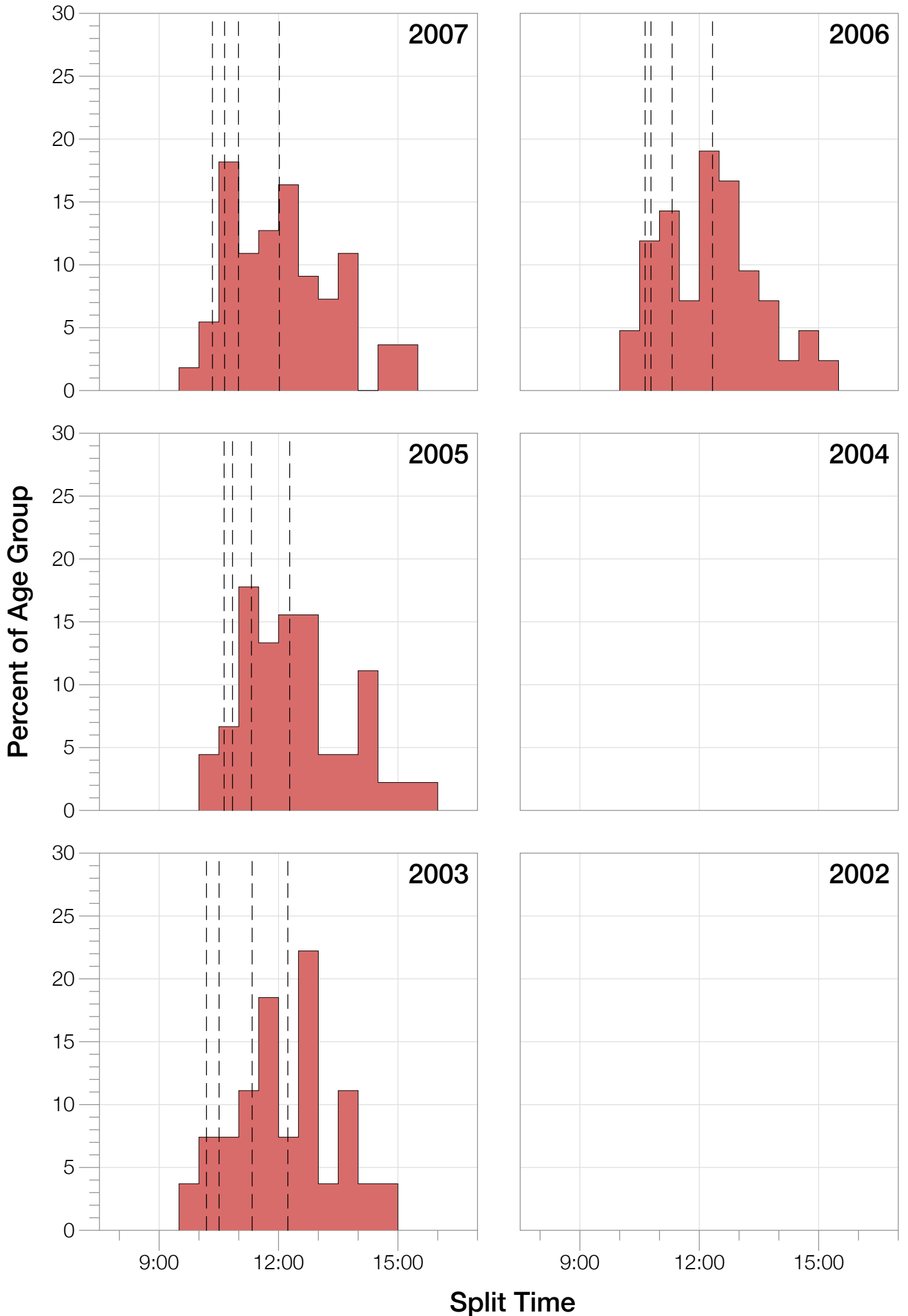
F30-34 Run



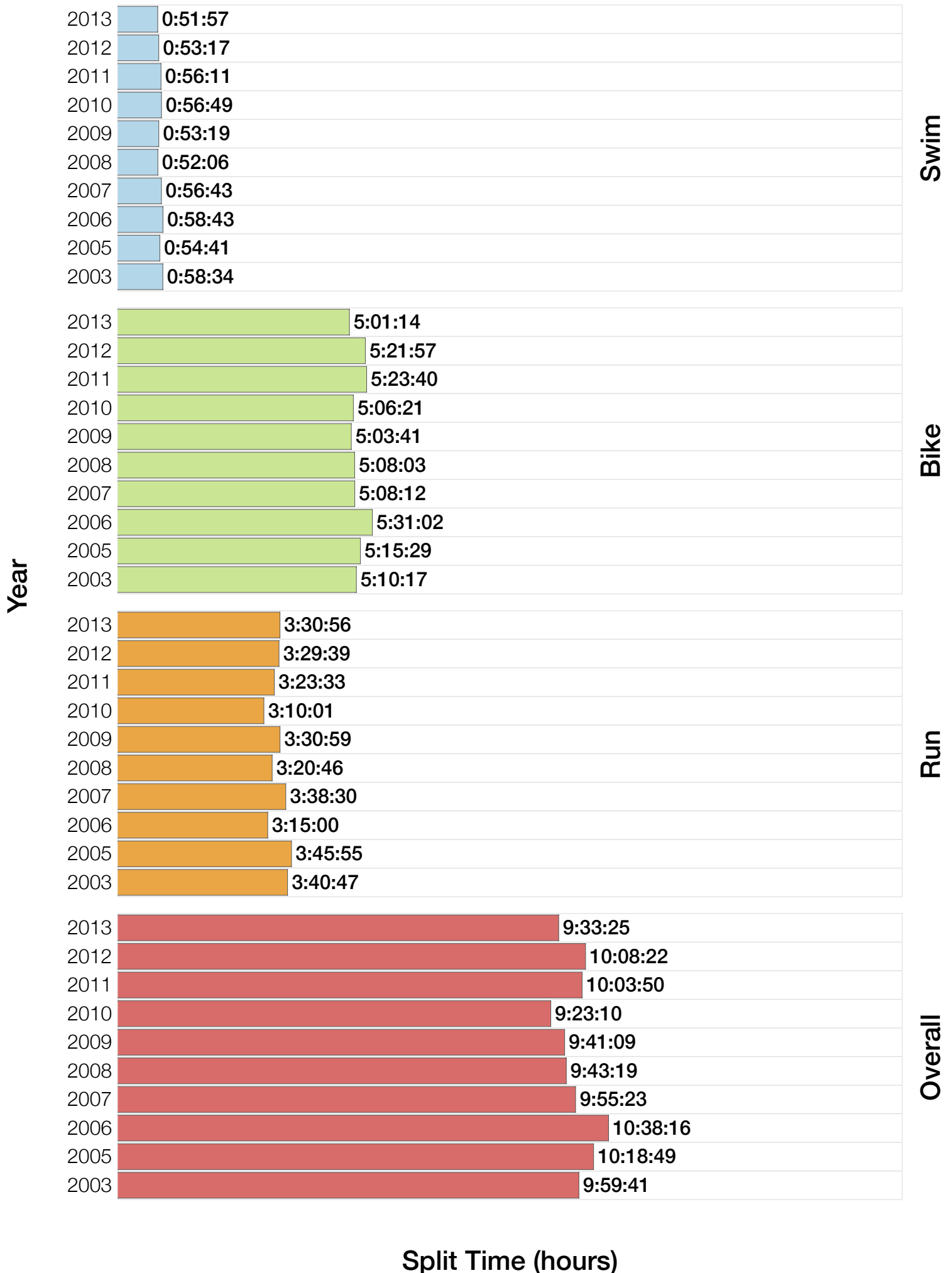
F30-34 Overall



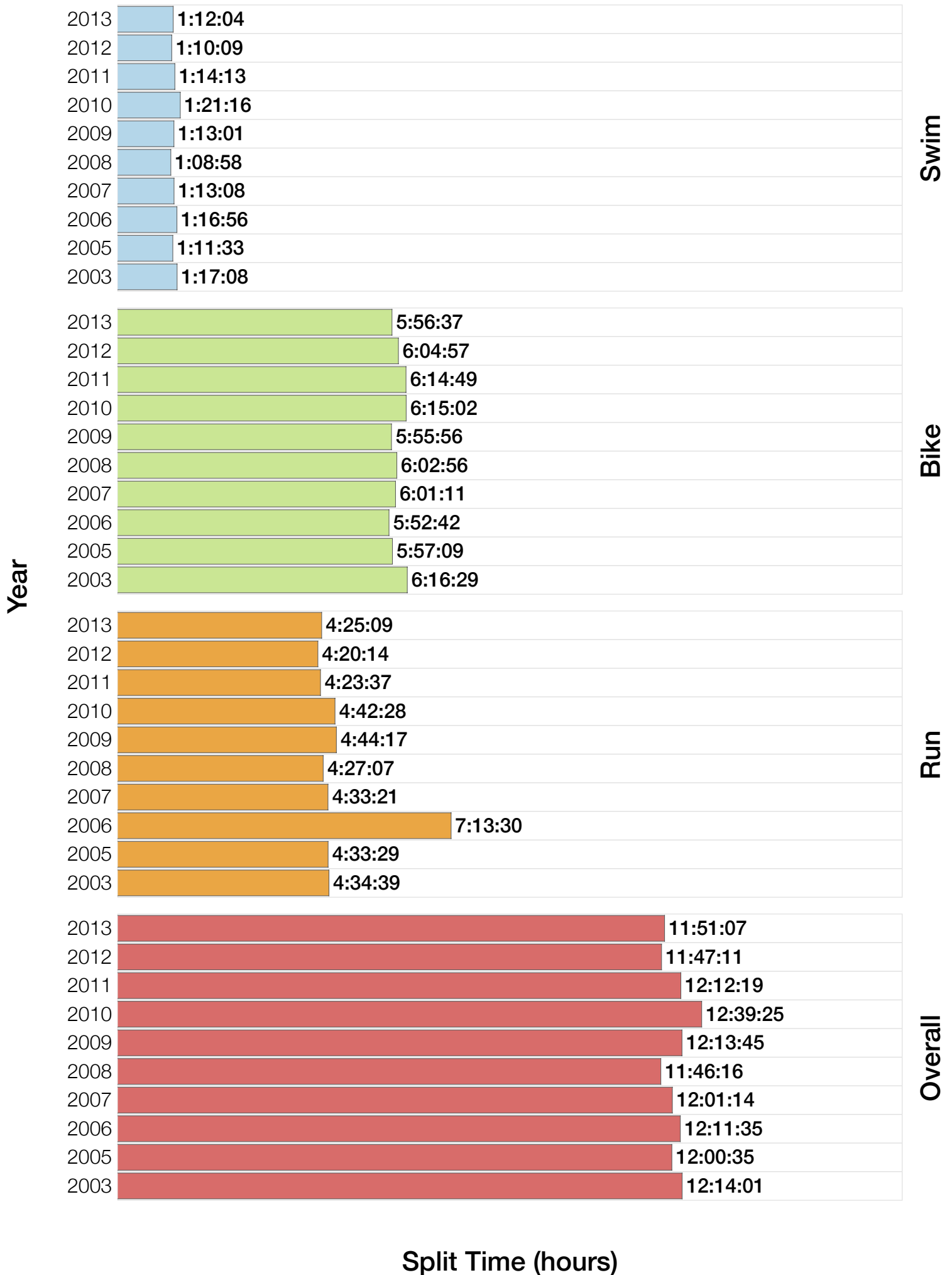
F30-34 Overall



F30-34 Fastest Splits



F30-34 Median Splits



F30-34 Slowest Splits

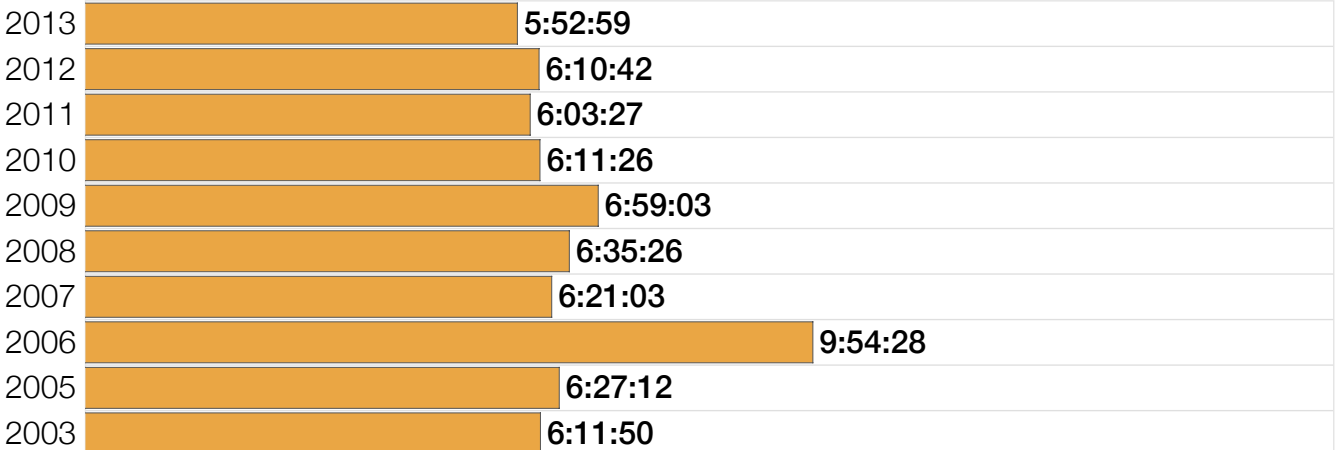
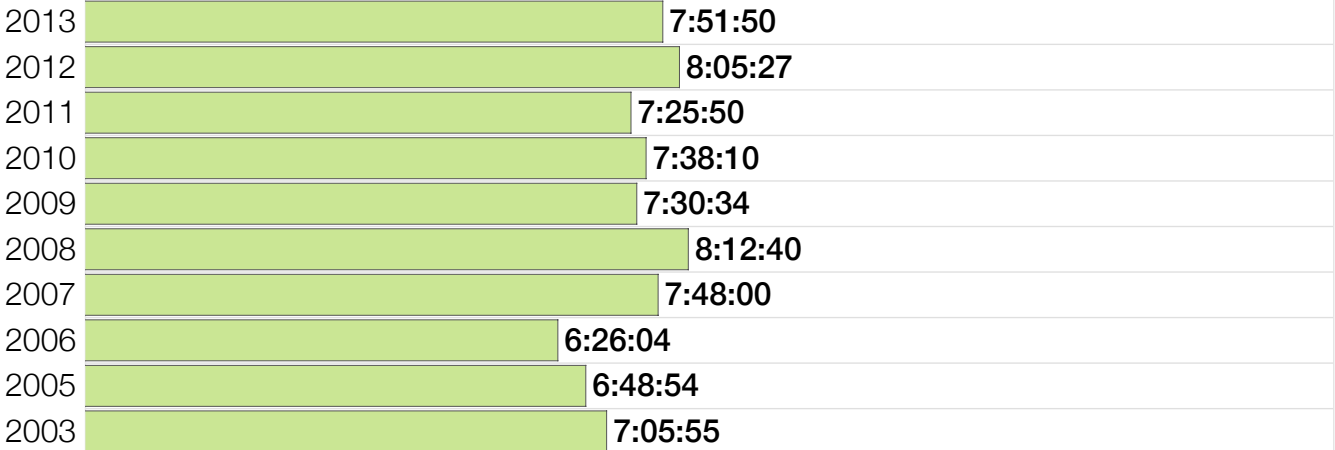
Year

Swim

Bike

Run

Overall



Split Time (hours)

F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:47:31	4:26:31	2:50:20	8:07:47
Average Female Winner	0:51:52	4:59:19	3:06:43	9:03:23
Average 1st Age Grouper	0:59:27	5:15:49	3:31:54	9:54:57
Average 2nd Age Grouper	1:01:23	5:23:32	3:35:56	10:07:32
Average 3rd Age Grouper	1:03:33	5:24:30	3:43:56	10:16:05
Average 4th Age Grouper	1:06:02	5:32:38	3:41:00	10:26:40
Average 5th Age Grouper	1:03:55	5:31:56	3:50:49	10:36:16
Average 6th Age Grouper	1:05:03	5:35:46	3:56:49	10:43:45
Average 7th Age Grouper	1:05:27	5:37:31	3:58:13	10:50:48
Average 8th Age Grouper	1:08:22	5:44:38	3:54:19	10:56:52
Average 9th Age Grouper	1:07:26	5:43:39	4:01:36	11:02:58
Average 10th Age Grouper	1:06:15	5:39:43	4:10:06	11:07:14
Kona Qualifier Average	1:00:25	5:19:40	3:33:55	10:01:14
Top 10 Age Grouper Average	1:04:41	5:32:54	3:50:11	10:36:19

Frankfurt 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:10	4:25:32	2:44:12	7:59:58
Female Winner	0:48:08	4:54:20	3:09:29	8:56:01
1st Age Grouper	0:56:15	5:01:14	3:30:56	9:33:25
2nd Age Grouper	0:57:42	5:24:14	3:34:47	10:02:28
3rd Age Grouper	0:59:40	5:23:16	3:43:33	10:11:47
4th Age Grouper	1:01:52	5:36:12	3:52:12	10:38:42
5th Age Grouper	0:51:57	5:42:28	4:00:25	10:41:03
6th Age Grouper	1:07:25	5:30:08	3:56:10	10:41:49
7th Age Grouper	1:10:26	5:27:35	4:00:52	10:45:28
8th Age Grouper	1:14:14	5:31:56	3:48:16	10:46:43
9th Age Grouper	1:13:53	5:52:20	3:35:32	10:48:48
10th Age Grouper	1:02:24	5:38:37	4:05:51	10:52:50
Kona Qualifier Average	0:56:58	5:12:44	3:32:51	9:47:56
Top 10 Age Grouper Average	1:03:34	5:30:48	3:48:51	10:30:18

Frankfurt 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:45:07	4:26:26	2:48:19	8:03:31
Female Winner	0:48:58	4:52:34	3:06:52	8:52:33
1st Age Grouper	1:03:35	5:29:06	3:29:39	10:08:22
2nd Age Grouper	1:07:56	5:24:13	3:29:49	10:09:16
3rd Age Grouper	0:53:17	5:26:09	3:47:24	10:13:11
4th Age Grouper	0:57:16	5:41:57	3:37:52	10:25:22
5th Age Grouper	0:56:35	5:33:15	3:51:18	10:26:51
6th Age Grouper	1:03:30	5:21:57	4:02:49	10:34:03
7th Age Grouper	1:01:57	5:37:16	4:06:13	10:51:33
8th Age Grouper	0:58:00	5:39:22	3:59:55	10:57:19
9th Age Grouper	1:04:42	5:41:41	4:03:43	10:58:37
10th Age Grouper	1:08:22	5:41:00	4:02:33	11:01:30
Kona Qualifier Average	1:05:45	5:26:39	3:29:44	10:08:49
Top 10 Age Grouper Average	1:01:31	5:33:35	3:51:07	10:34:36

Frankfurt 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:05	4:26:22	2:57:25	8:13:50
Female Winner	0:49:16	4:51:07	3:27:38	9:12:13
1st Age Grouper	0:56:11	5:30:05	3:31:57	10:03:50
2nd Age Grouper	1:00:29	5:38:26	3:23:33	10:08:24
3rd Age Grouper	1:06:58	5:23:40	3:37:47	10:16:20
4th Age Grouper	1:06:32	5:40:16	3:30:58	10:26:00
5th Age Grouper	1:08:35	5:36:36	3:37:57	10:29:22
6th Age Grouper	1:00:47	5:44:23	3:57:56	10:54:39
7th Age Grouper	1:02:58	5:50:04	4:02:37	11:03:47
8th Age Grouper	1:13:15	5:55:47	3:48:37	11:06:37
9th Age Grouper	1:12:31	5:51:45	3:55:39	11:09:14
10th Age Grouper	1:06:54	5:59:24	3:55:53	11:11:06
Kona Qualifier Average	0:58:20	5:34:15	3:27:45	10:06:07
Top 10 Age Grouper Average	1:05:31	5:43:02	3:44:17	10:40:55

Frankfurt 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:34	4:20:35	2:53:27	8:05:15
Female Winner	0:58:57	5:01:37	3:00:15	9:04:27
1st Age Grouper	1:02:31	5:06:21	3:10:01	9:23:10
2nd Age Grouper	0:56:49	5:20:53	3:24:14	9:47:25
3rd Age Grouper	1:03:28	5:18:32	3:26:06	9:53:28
4th Age Grouper	1:03:53	5:18:50	3:43:27	10:10:52
5th Age Grouper	1:05:26	5:39:01	3:50:51	10:41:00
6th Age Grouper	1:02:05	5:47:03	3:49:21	10:42:39
7th Age Grouper	1:12:12	5:25:37	4:01:15	10:43:50
8th Age Grouper	1:16:32	5:50:16	3:38:26	10:50:22
9th Age Grouper	1:06:00	6:03:43	3:50:56	11:06:20
10th Age Grouper	1:14:29	5:21:29	4:28:24	11:08:28
Kona Qualifier Average	0:59:40	5:13:37	3:17:07	9:35:17
Top 10 Age Grouper Average	1:06:20	5:31:10	3:44:18	10:26:45

Frankfurt 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:45	4:24:51	2:43:06	7:59:15
Female Winner	0:54:22	4:54:02	3:05:33	8:58:08
1st Age Grouper	1:00:38	5:03:41	3:31:23	9:41:09
2nd Age Grouper	1:04:25	5:14:46	3:42:43	10:07:10
3rd Age Grouper	1:06:33	5:20:48	3:43:38	10:19:41
4th Age Grouper	1:09:22	5:38:54	3:30:59	10:28:27
5th Age Grouper	1:02:32	5:26:08	4:04:22	10:45:11
6th Age Grouper	1:13:01	5:36:15	3:45:46	10:47:04
7th Age Grouper	1:02:28	5:43:00	3:56:36	10:49:38
8th Age Grouper	0:58:19	5:23:42	4:24:35	10:53:03
9th Age Grouper	1:07:07	5:33:46	4:08:07	10:56:50
10th Age Grouper	0:53:19	5:28:43	4:37:04	11:06:03
Kona Qualifier Average	1:02:31	5:09:13	3:37:03	9:54:09
Top 10 Age Grouper Average	1:03:46	5:26:58	3:56:31	10:35:25

Frankfurt 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:44:38	4:26:17	2:45:46	7:59:55
Female Winner	0:48:34	4:57:17	3:01:44	8:51:24
1st Age Grouper	1:00:31	5:17:17	3:20:46	9:43:19
2nd Age Grouper	0:57:08	5:15:46	3:30:31	9:48:09
3rd Age Grouper	1:02:40	5:20:31	3:23:25	9:54:31
4th Age Grouper	0:58:08	5:26:42	3:27:37	9:57:20
5th Age Grouper	1:02:38	5:08:03	3:43:16	10:01:18
6th Age Grouper	1:01:10	5:17:01	3:43:19	10:06:11
7th Age Grouper	0:59:39	5:33:46	3:31:06	10:09:40
8th Age Grouper	1:01:36	5:34:53	3:57:35	10:38:51
9th Age Grouper	1:08:11	5:25:44	4:06:20	10:48:32
10th Age Grouper	0:54:23	5:37:03	4:13:21	10:53:10
Kona Qualifier Average	0:58:49	5:16:31	3:25:38	9:45:44
Top 10 Age Grouper Average	1:00:36	5:23:40	3:41:43	10:12:06

Frankfurt 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:25	4:29:44	2:47:35	8:09:15
Female Winner	0:53:08	5:01:05	3:05:56	9:04:11
1st Age Grouper	1:01:09	5:08:12	3:40:36	9:55:23
2nd Age Grouper	1:08:48	5:26:21	3:38:30	10:19:31
3rd Age Grouper	1:00:39	5:29:53	3:41:10	10:19:33
4th Age Grouper	0:59:14	5:23:34	3:52:22	10:20:40
5th Age Grouper	1:16:33	5:11:48	3:58:48	10:32:11
6th Age Grouper	0:56:43	5:51:38	3:43:36	10:36:55
7th Age Grouper	1:05:41	5:39:00	3:47:37	10:41:14
8th Age Grouper	0:57:36	5:44:51	3:53:19	10:43:46
9th Age Grouper	1:00:39	5:49:11	3:50:40	10:45:53
10th Age Grouper	1:08:07	5:36:48	3:54:25	10:48:26
Kona Qualifier Average	1:04:58	5:17:16	3:39:33	10:07:27
Top 10 Age Grouper Average	1:03:30	5:32:07	3:48:06	10:30:21

Frankfurt 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:25	4:31:30		8:13:39
Female Winner	0:54:41	5:04:40	2:57:51	9:16:17
1st Age Grouper	0:59:49	5:19:18		10:22:29
2nd Age Grouper	1:02:55	5:29:56		10:25:10
3rd Age Grouper	1:10:20	5:31:02	4:16:07	10:38:16
4th Age Grouper	1:15:37	5:31:17		10:39:51
5th Age Grouper	1:02:52	5:53:32	3:15:00	10:47:06
6th Age Grouper	1:23:58	5:26:35		10:48:07
7th Age Grouper	1:07:29	5:20:39		10:58:56
8th Age Grouper	1:24:19	5:32:51		11:06:21
9th Age Grouper	1:06:15	5:24:24		11:07:32
10th Age Grouper	1:11:51	5:43:15		11:08:42
Kona Qualifier Average	1:01:22	5:24:37		10:23:49
Top 10 Age Grouper Average	1:10:32	5:31:16	3:45:33	10:48:15

Frankfurt 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:39	4:28:20	2:58:57	8:20:50
Female Winner	0:53:13	5:13:08	3:04:37	9:15:31
1st Age Grouper	0:54:41	5:32:39	3:45:55	10:18:49
2nd Age Grouper	0:59:10	5:15:29	3:58:38	10:18:52
3rd Age Grouper	1:10:19	5:23:09	3:56:55	10:37:28
4th Age Grouper	1:10:30	5:33:07	3:51:36	10:39:57
5th Age Grouper	1:02:50	5:34:42	3:59:45	10:43:58
6th Age Grouper	0:56:05	5:42:26	4:17:50	11:00:39
7th Age Grouper	1:04:41	5:50:06	4:03:22	11:04:34
8th Age Grouper	1:14:03	5:51:54	3:49:27	11:04:46
9th Age Grouper	1:04:12	5:43:31	4:19:12	11:14:15
10th Age Grouper	1:16:39	5:51:09	4:03:18	11:17:35
Kona Qualifier Average	0:56:55	5:24:04	3:52:16	10:18:50
Top 10 Age Grouper Average	1:05:19	5:37:49	4:00:35	10:50:05

Frankfurt 2003

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:27	4:25:37	2:54:13	8:12:29
Female Winner	0:49:29	5:03:20	3:07:17	9:03:11
1st Age Grouper	0:59:10	5:10:17	3:45:58	9:59:41
2nd Age Grouper	0:58:34	5:25:17	3:40:47	10:08:57
3rd Age Grouper	1:01:43	5:28:06	3:43:22	10:16:40
4th Age Grouper	1:17:58	5:35:33	3:41:57	10:39:29
5th Age Grouper	1:09:21	5:33:47	4:06:34	10:54:49
6th Age Grouper	1:05:51	5:40:18	4:14:41	11:05:30
7th Age Grouper	1:07:00	5:48:15	4:14:21	11:19:24
8th Age Grouper	1:05:46	6:20:52	3:48:46	11:20:58
9th Age Grouper	1:10:57	5:50:27	4:24:23	11:33:42
10th Age Grouper	1:06:06			11:44:34
Kona Qualifier Average	0:58:52	5:17:47	3:43:22	10:04:19
Top 10 Age Grouper Average	1:06:14	5:39:12	3:57:52	10:54:22